

# IOWA STATE UNIVERSITY

Department of Public Safety

**Be safe at  
Iowa State**



# Personal Safety

## Be Safe At Iowa State

- Be Aware. Keep yourself safe by knowing your surroundings. Occasionally look up from your technology while walking or working. Keep one ear bud out to hear your surroundings. Occasionally stop and check your surroundings.
- Know the Number. Call ISU Police (515-294-4428) for safety concerns or in the event of an incident. When in doubt, always call - ISU Police are available to help.
- If you experience an emergency, whether it's medical, fire, or personal safety, 911 is the fastest way to request help.
- Know your location. Technology is great, but in case you are routed to another 911 center, make sure you know where help can meet you.

## Safety in your own hands

- Take a self-defense class. Classes are offered by ISU Police and scheduled during available times.
- Download the Iowa State Safe app. Use the Virtual Walk Home or Friend Walk features to have a trusted person keep tabs on you.
- Walk in well-lit areas. Avoid the shortcuts through buildings or dark side streets that you are unfamiliar with.

## Overshare: The Easy Target

- Don't share when you are leaving on vacation or when your home may be unoccupied.
- Avoid sharing your class schedule online to those who don't need to know.
- Status "Check-ins" or "Status Updates" are a quicker way for people to find where you are and also where you are not. Avoid the overshare!

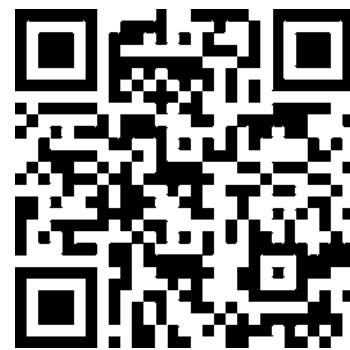
## VIRT - Violent Incident Response Training

The goal of this training is to begin your mental preparation of recognizing, assessing, and responding to threats against you. Avoid, Deny, Defend is being taught around the country to law enforcement, college campuses, K-12 schools, private businesses, and other social organizations.

VIRT is offered for free at the request of a department or group on campus. For scheduling and additional information, please contact 515-294-4428 or email [isupdoutreach@iastate.edu](mailto:isupdoutreach@iastate.edu).

## Thielen Student Health Center (TSHC)

- Full-service medical clinic on-campus, staffed with physicians, advanced registered nurse practitioners, and nurses.
- The clinic is available to care for Iowa State University students' primary health care needs.
- Thielen staff can work around your schedule to help you make an appointment.
- Staff can also help you transfer your medical records and prescriptions from home to school.



**Cyclone Support**

**Iowa State University Police Department is staffed  
24/7/365 and responds to all on campus emergencies.**

# Keeping Possessions Protected



Think about how much of daily life revolves around technology. What would you do if you lost your phone, wallet, purse, or laptop? What if you knew someone stole it? What information would they get that you don't want in the wrong hands. Consider the following tips to keep your belongings safe.

- Lock your windows when you're not at home. Windows screens are easily pushed out or cut. Keep windows locked as well. Thieves can pry unlocked windows open with simple tools.
- Lock your doors. Whether in your car or in your home, reduce the risk.
- Know the guests you are inviting into your home. Parties can be a great time to meet new people but also an easy way to lose your belongings. Be mindful of the risks you set for yourself.
- What you see is what they see. Avoid storing valuables or large amounts of items in your car when it is parked. Thieves will look at boxes and bags as opportunities to make a quick score.
- Secure your bike. Use a strong, solid, U-shape lock to secure your bike. These locks offer better protection than cable locks.



Insuring your belongings

- Consider a renter's policy to protect all of your possessions. Mistakes happen to all of us. Whether it's a guest, a roommate, or someone who lives around you, there is always a chance you can be impacted. Whether it's a rider on your parents' insurance or a separate policy, make sure you are protected.
- Most policies are inexpensive and offer substantial coverage. Some policies will also cover you if you damage another person's things in an accident. No one wants to be in this situation, but with proper coverage, a mistake doesn't have to be a disaster!



Report the wrong. We want you to tell us how to help. If you see a door not locking or a broken streetlight, let us know. No issue is too small!

- Facilities Planning and Management: 515-294-5100
- Dept. of Residence Maintenance: 515-294-3322



# Family, Friends, and Group **Safety Tips**



What are some tips and tricks I can use to ensure my safety?

- Walk in groups. There can be safety in numbers. If you have the opportunity, walk with another person or in a group to meet new people
- Knowledge is power. The 3 Ws: Who, When, Where, share these facts with trusted family or friends before you go out. Make sure you have a method of communication in case you need to talk to someone.



What can I do as a friend?

- If you have a friend that is coping with a situation, simple steps are always the best way to start. Try one of the following:
  - » Offer to go with them to get help.
  - » Let the friend know about resources on campus.
  - » Walk with them to a health care provider.
  - » Be a sounding board and withhold judgment; listen to what they have to say.



Consent is BAE: Before Anything Else

- What is consent?
  - » Consent is when one person voluntarily acknowledges and agrees to participate in a sexual activity. Every participant involved in sexual activity must obtain and give consent before every sexual act. Consent is an informed, voluntary, and active agreement to engage in sexual activity.
- What is not consent?
  - » Consent is never implied. Consent is never silence, passivity, lack of resistance, or the absence of “no”.
- Consent can be revoked. People may change their mind throughout activities for many reasons. The reasons are not important. Partners should acknowledge and accept that they should stop.
- Ask for help. If you are in a situation that you don't feel safe in or are unsure, there are many resources and staff you can speak with.

# Know Your Limits

✓ College isn't college without getting to know new people and making friends you will have for a lifetime. We want everyone to enjoy the college experience in a responsible way. There will be times when alcohol is present and should be enjoyed responsibly and legally. You should be aware of the warning signs that could be life-threatening.

## CUPS

- C: Cold, clammy pale or blueish skin
- U: Unresponsive, unconscious or unable to rouse
- P: Puking repeatedly or uncontrollably
- S: Slow or irregular breathing

✓ Never leave someone alone who is exhibiting these conditions. Call 911 and ask for medical assistance. The State of Iowa's Good Samaritan/ Medical Amnesty law protects those who offer assistance.

✓ "Sleeping it off" is never a good choice. A person may decline in health or have underlying medical conditions that may negatively affect their ability to metabolize alcohol.

✓ Quick tips for those who consume alcohol:

- Pace yourself. Drink water in between alcoholic drinks. It is not a race.
- Know your tolerance level. Know what different drinks affect you differently.
- Never get behind the wheel. Driving after consuming can have a life-long effect on you and those around you.
- Never consume an unattended drink.

✓ Have a plan before you start:

- How are you going to get home?
- Did you drive there? How will you get your car the next day?
- Do you know what your personal alcohol limits are?
- Are you on medications that don't mix with alcohol?

✓ Party SMART.  
Know these items to ensure you have your plans covered.

- Stick together
- Make sure to eat
- Alternate with water
- Respond in a crisis
- Travel back safely

12 fl oz of  
regular beer

8-9 fl oz of  
malt liquor

5 fl oz of  
table wine

1.5 fl oz shot of  
80-proof spirits



=



=



=



about 5%  
alcohol

about 7%  
alcohol

about 12%  
alcohol

about 40%  
alcohol

# Safer Through Technology



The ISU Police Department has sponsored and developed a safety app, Iowa State Safe, for all members of the ISU community to use. This app includes guides, tutorials, links, and services for every member of the community. Some of the tools that you may find helpful include:

- **Mobile Blue Light.** This silent alarm sends your location directly to ISU Police. It also loads ISU Police's phone number into your phone so you can speak with a dispatcher directly if you need help.
- **Virtual Walk Home.** You can send your location and destination to ISU Police as you walk across campus. During your walk, you may tap an emergency button to share your current location with an ISU police dispatcher and start a phone call with them.
- **Friend Walk.** You can send your location and destination to a friend or family member, who can monitor your walk remotely. ISU Police can't monitor Friend Walk.
- **Send My Location.** You can send your current location to a friend or family member through Google Maps.
- **Safe Ride.** If you feel unsafe or unsure walking through an area, you can request a ride for peace of mind. Between 6:00pm and 5:30am, Campus Safety Ambassadors who works for ISU Police are available to assist you. The app will ask you to enter basic information so your Safe Ride driver can find you, and will provide confirmation and arrival messages.



## Staying Safe With Technology: The Basics

- Always use a lock screen for your device. Password protection is often overlooked as an inconvenience when, in reality, it is the first step to denying unauthorized access.
- Phishing is real. Don't click on links you didn't request or from senders you don't know.
- Privacy film is an inexpensive way to make sure that people peering over your shoulder or at your screen behind you will have a tougher time stealing your information.
- Use two-factor authentication. Using a text message code, authentication app, or email verification can increase your chances of holding your information secure.
- Be careful what you share. Pictures can be altered and posts can never be completely deleted. Think about what you share, who sees it, and if this is something you would want future employers to see.



## ISU Alerts

- Stay safe and be in the know! Sign up for ISU Alerts. You will receive emergency messages from the university through the pathway you choose. ISU alerts can be sent through text, voice, email, or all three. You can subscribe with one or more phone numbers or email accounts.

Iowa State Safe is a safety app designed and developed for all members of the ISU community. Get it on the Apple and Google Play App Stores.

IOWA STATE UNIVERSITY  
OF SCIENCE AND TECHNOLOGY

**IOWA STATE SAFE**



Download for **iOS**



Download for **Android**

# Community Preparedness, Campus Response

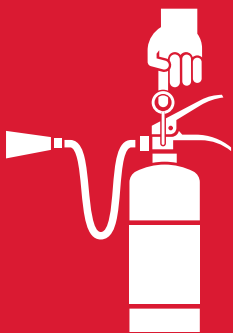


Emergencies happen. How will you be prepared and how will you respond?

ISUPD and ISU Environmental Health and Safety have developed guides to assist the campus community in times of need.

- In cases of fires:
  - » Know where to access fire extinguishers and how to use them.
  - » Evacuate every time the fire alarm sounds. Late-night alarms are inconvenient, but evacuating will save your life – and protect first responders – in a true emergency.
  - » Know the location of emergency exits. If smoke is in the hallway, know a second way out.
- Other natural disasters and emergency situations:
  - » Be weather-aware. Check the forecast every day. Know where to find severe weather shelter areas in the buildings where you live, work, and study.
  - » ISU Environmental Health and Safety has tutorial videos and guides available on their website for community members to view 24/7.
- If you see something, say something. ISU Police officers are available to investigate when they are called. ISU Police officers have the tools and training to evaluate situations to ensure campus safety.

## P.A.S.S. Method of Fire Extinguisher Use



**PULL THE PIN**



**AIM AT THE  
BASE OF FIRE**



**SQUEEZE THE LEVER**



**SWEEP SIDE  
TO SIDE**

# Health and Safety Resources

## RRDB – Recognizing and Reporting Disruptive Behavior, ISU Police

Recognizing and Reporting Disruptive Behavior (RRDB) training is sometimes referred to as a precursor to our Violent Incident Response Training (VIRT), in that the warning signs or “red flags” observed can help to mitigate the tragedies that have become all too common in this day and age. The presentation is delivered via a PowerPoint presentation and the length depends largely on audience interaction and participation. Many of the principles taught during VIRT are touched on with this presentation as well, but RRDB will deal more with creating awareness as well as ways to mitigate potential acts of violence from happening before the onset of the problem(s) become unmanageable. Proactive approaches are stressed over reactive ones.

RRDB is offered at the request of a department or group on campus. For scheduling and additional information, please contact 515-294-4428 or email [isupdoutreach@iastate.edu](mailto:isupdoutreach@iastate.edu).

## Self Defense – ISU Police

A free self-defense course to faculty, staff, and students. This course focuses on situational awareness, existing personal self-defense devices, and general physical skills and techniques that can be used in a variety of situations.

To schedule a self-defense course, please e-mail our Outreach Unit at [isupdoutreach@iastate.edu](mailto:isupdoutreach@iastate.edu).

## CPR/AED/First Aid – ISU Environmental Health and Safety (EH&S)

Learn how to render aid safely during common medical emergencies. This class provides general first aid awareness and cardiopulmonary resuscitation (CPR) and automatic external defibrillator (AED) certification. Monthly open-enrollment classes are available, or you can schedule a class for your organization, department, or other campus group.

## Stop the Bleed – ISU Police, Environmental Health and Safety, and Student Health

Severe bleeding is the most common preventable cause of death after injury. This two-hour class will teach you how to recognize and treat severe bleeding. It includes familiarization with the bleeding control kits that ISU Police and EH&S provide in every AED cabinet on campus.

## Fire Extinguisher Training – ISU Environmental Health and Safety

EH&S offers hands-on and online training courses covering all aspects of fire extinguisher use. Staff are able to bring out hands-on, practical application simulators so attendees can practice putting out live fire. Organizers should contact a minimum of 4 weeks advanced notice to ensure availability.

## Iowa State Campus Safety Report

No campus community is completely free from crime. The Jeanne Clery Disclosure of Campus Security Policy and Campus Crime Statistics Act, or Clery Act, requires that we share information regarding our campus safety policies, prevention programs, and crime statistics. In addition, we report crimes to the U.S. Department of Education each year. We also post our fire safety statistics as well. We believe that this information is best shared in one spot for easier access. We hope that you will use our Annual Security & Fire Safety Report to make informed decisions about your own personal safety.

To view this report, please go to the Iowa State University Police Home page, click About Us, click Clery, then, at the top of the page, click the “Security Report” hyperlink.

